

START  
HERE!

# Live Black Tea KOMBUCHA

## LEARN ABOUT SCOBY

A SCOBY (symbiotic culture of bacteria and yeast) is where all Kombucha starts. To brew your own batch, just use this active SCOBY and starter tea to get started right away! Follow these directions for best results.

**PRO  
TIP!**

Temperature is important for your SCOBY to thrive. Always keep your SCOBY between 68°F and 85°F. Any lower, it will take much longer to culture. Any higher, harmful bacteria will start to grow.

## Ingredients

- 1 live Kombucha (SCOBY) starter culture with 4 oz starter tea
- 3 cups water free of chlorine and fluoride (bottled spring water)
- ¼ cup white or plain organic cane sugar
- 2 tea bags or 1 ½ teaspoon loose leaf tea

## Equipment

- Glass jar (one quart)
- Rubber band
- Thermometer
- Plastic mesh strainer
- Coffee filter or tight-weave cloth
- Measuring cups

## KOMBUCHA PH

A drop in pH is a good indicator that the bacteria and yeast are at work. We recommend a target pH of approximately 3.6 for your finished Kombucha.

Here's how to use the strips included with your SCOBY:

1. Dip test strip into test solution for 1-2 seconds
2. After 10-15 seconds, compare with below color scale. Do not let test strip dry before comparing.
3. Kombucha pH should be 3.6 or lower.



## WANT MORE?

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STORING YOUR SCOBY



DIY VIDEOS

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## ONCE YOU'VE BREWED YOUR FIRST BATCH:

Once you've brewed your first batch, use the chart below for subsequent batches of Kombucha. Want to make a little more? The ratios below will provide some guidance.

### Ingredients

BATCH SIZE	batch one	regular batches	
	QUART	1/2 GALLON	GALLON*
HOT WATER <small>Cups</small>	2-3	6-7	13-14
SUGAR <small>Cups</small>	1/4	1/2	1
LOOSE TEA <small>tsp.</small>	1 1/2	3	6
TEA FROM <small>Cups</small> PREVIOUS BATCHES	1/4	1	2

\*For gallon-sized batches, we recommend brewing 2-3 smaller batches first

START HERE: Use these ratios until a baby SCOBY starts to form at the top of your tea. It will look like a thin film floating at the top of the liquid.

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## DIY KOMBUCHA

For each of the following steps, use the ratios provided in the chart on page 4.

1. In a glass jar or plastic container, prepare tea by combining hot water and sugar. Add the tea and steep at least 10 minutes.
2. Cool the mixture to room temperature (72-85°F). Remove the tea bags or completely strain the leaves from the liquid.
3. Add the entire package of live SCOBY with 4 ounces of starter tea to your freshly brewed, cooled sweet tea.

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## DIY KOMBUCHA

4. Cover with a coffee filter or butter muslin cloth and secure with a rubber band. Allow mixture to sit undisturbed at 68-85F, out of direct sunlight for 7 to 30 days, or to taste. The longer the Kombucha ferments, the less sweet and more tangy it will taste.
5. Pour Kombucha off the top of the jar for consuming, retain SCOBY and enough Kombucha from the bottom of the jar to use as starter for the next batch.

**PRO TIP!**

Be sure to retain the SCOBY and enough liquid from the bottom of the jar to use as starter tea for the next batch.

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## Live Black Tea KOMBUCHA



TIPS, TRICKS, AND EVERYTHING YOU NEED TO MAKE IT YOURS!